

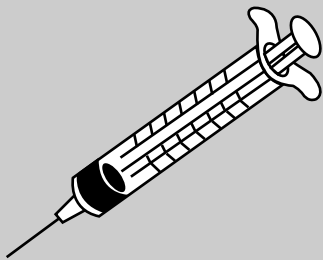
Facts About **DEPO-PROVERA SHOTS**



What is Depo-Provera?

Depo-Provera is a birth control medicine which stops a woman's body from releasing an egg to make a baby. In order to work, a shot of this medicine is given every 12 weeks.

Depo-Provera (Injectable)



How do Depo-Provera shots work?

For the first two weeks after your first shot, you will need to use condoms or a cream that kills sperm when you have sex to keep from getting pregnant. After that, you do not need to remember anything because the Depo-Provera medicine

works by itself.

As long as you get another shot every 12 weeks (about three months), you don't need to use anything else when you have sex. However, you may want your partner to use a condom to protect you from AIDS or other diseases you can get when you have sex.

How well do Depo-Provera shots work?

Very well. Tests show that Depo-Provera shots prevent pregnancy about 98 to 99 percent of the time. This means that it works about as well as having your tubes tied, but it only lasts 12 weeks. If you do not get a new shot every 12 weeks, you can get pregnant.

Why are Depo-Provera shots a good choice for me?

Depo-Provera shots are safe and work very well. You do not

have to remember or do anything when you have sex to prevent pregnancy. If you decide later that you want to have a baby, all you have to do is stop getting the shots.

Can I breastfeed my baby if I take Depo-Provera shots?

Yes! Depo-Provera may increase your milk supply.

When you get a Depo-Provera shot:

Tell your doctor or nurse if you take any medicines or start a new medicine.

Try to stop smoking. Since no one knows for sure if smoking causes problems for women who get Depo-Provera shots, it is better if you do not smoke.

CONTINUED ON BACK

Is there anyone who should not take Depo-Provera shots?

Depo-Provera shots are not for everyone. You should not take Depo-Provera shots if:

- 1. YOU ARE PREGNANT OR THINK YOU MIGHT BE.**

- 2. YOU HAVE BLEEDING FROM YOUR VAGINA AND DON'T KNOW WHY.**

- 3. YOU HAVE LIVER DISEASE.**

- 4. YOU HAVE EVER HAD BLOOD CLOTS, BREAST CANCER, HEART ATTACK OR STROKE.**

Will I have any problems if I take Depo-Provera shots ?

After you take a Depo-Provera shot you may feel some changes in your body. These changes will not hurt you. You may bleed more or less when you have your period than you did before taking the shot, or you may not have a period at all. Talk to your doctor or nurse if you are worried about any changes happening to you. Your period usually gets more regular after about six months.

Some other changes you may have: Headaches, nervous feeling, nausea (feel sick to your stomach), sore breasts, pimples, small weight gain or a little more hair on your body. Most of the time, any changes you have do not last long.

Remember: Most women do not have many problems when they get the shot.

Are there any warning signs I need to watch for?

Most women do not have problems when they take Depo-Provera shots. But because Depo-Provera is medicine, it can cause a problem for some people. Call your doctor or nurse if any of these warning signs happen to you:

1. You have heavy, bright red bleeding from your vagina for more than 10 days.
2. You have late periods after your periods have been on time.
3. You have bad pain in your arms or legs.
4. You have bad pain in your stomach or belly.
5. You have bad headaches, blurry vision or suddenly can't see.

If you have any questions, concerns or need an appointment, call:

I will need a new shot on:

(date)

REMEMBER:

Depo-Provera shots do not protect you from AIDS or other diseases you can get when you have sex. Use a latex condom